IBJG 2013

IMPERIAL BEACH JR LIFEGUARDS
OCEAN SKILLS FOR LIFE

THIS BOOK BELONGS TO:

NAME	GROUP	INSTRUCTOR

LETTER TO THE JUNIOR GUARDS AND PARENTS

To the Junior Guards and families,

It is our goal that the Junior Guard experience is one that will stand out as one of the greatest and most memorable summers ever. We, as instructors, love teaching and will safely push you to expand your comfort level in the ocean environment; and help you overcome any fears you may have. Our instructors are all certified Ocean lifeguards who enjoy the ocean day after day, and this is our opportunity to show you that it is a great place to work and play. Our goal is that you have fun, continue to grow, learn to respect the ocean, and pass on what you learn to your friends and families. We strongly believe that junior guard programs, like ours, and throughout the United States, are the best way to give a child a foundation of skills that they can use throughout a lifetime. We enjoy watching you grow up through this program with hopes of becoming our captains, or one day, a fellow lifeguard.

We hope you go home smiling, exhausted and wet! See you at the beach!

Sincerely,

Jim Sullivan – Lead Instructor
Adam Wraight – Veteran Instructor
Melanie Martinez- Seasonal Instructor
Brittany Hansen- Program Coordinator

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CONTACT INFORMATION

Mailing Address: 950 Ocean Lane, Imperial Beach C.A. 91932

Location: Pier Plaza, Imperial Beach

Website: www.cityofib.org

Email: juniorlifegaurds@cityofib.org

Phone: 619-628-1419

FREQUENTLY ASKED QUESTIONS

Where should I drop-off and pick-up JGs?
At the grassy area, south of Pier Plaza on Seacoast Avenue and Elder, across from Lifeguard Headquarters. BEWARE! The Local Sheriffs will not hesitate to write parents of Junior Guards tickets; please do not block emergency accesses or park in red curbed areas.

Who are the instructors of the program?
The instructors of the Imperial Beach Junior Lifeguard Program are all certified ocean lifeguards who successfully passed an Ocean Lifeguard Training Academy, as well as first aid and CPR/AED for the Healthcare Provider. Many of the instructors are certified EMTs.

Does My Child Need to wear the required Uniform?
YES! Uniforms are mandatory in order to participate in the program. Your child is required to show up in uniform each day. Uniforms are for the child's safety and accountability. Uniforms distinguish our group from others while at the beach, and are an important part of lifeguarding. **Please label the uniform items with you child's name. A good place to label the rash guard is on the back/ outside of the neck. Uniform specific information can be found on our website at www.cityofib.org**

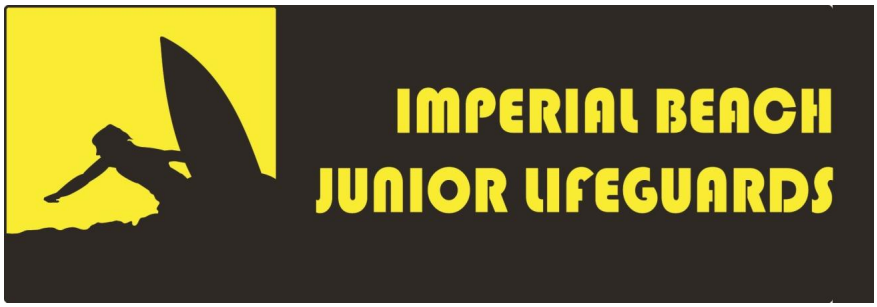
FREQUENTLY ASKED QUESTIONS CONTINUED……

Where is Lost & Found?
Lost and found is located under our easy-up just outside Lifeguard Headquarters. Things will be kept at our beach storage throughout the summer. All unclaimed items will be donated to a local thrift shop after the end of the summer.

What if a JG needs to arrive late, leave early or miss a day?
For safety and accountability reasons, please try to coordinate this with your child's instructor prior to the day. This can be done via phone, email or a signed note, with your name, your child's name, day they will have an absence, and your contact phone number.

What does my child need to bring each day?
Every participant needs to bring water, sunscreen, towel, a snack/money for a snack, and their uniform.

Please read and be familiar with the Parent Handbook on our website for additional information! www.cityofib.org



MISSION STATEMENT

The Mission of the ***Imperial Beach*** Junior Lifeguard Program is to educate participants in ocean and beach safety, while building self-confidence and appreciation for the dynamic ocean environment. The Junior Lifeguard Program introduces participants to safe marine and aquatic recreational opportunities through daily activities such as; stretching, running, open water swimming, paddle boarding, body surfing, surfing, boogie boarding, mock rescues, beach games and friendly competitions. Further, the program is designed to improve the participant's physical conditioning, their understanding and respect for the environment and respect for themselves as well as others.

Our **goal** is to educate our participants so they can take what they have learned and teach their friends and families.

CODE OF CONDUCT

In order for the Junior Lifeguard Program to provide a safe and effective learning environment, **ALL** Jr. Lifeguards are required to follow these basic rules:

√ Arrive ON TIME with JG T-shirt, trunks, backpack, sweatshirt, notebook, hat, towel, sunscreen, snack, drink, sandals, shoes. JG's first and last name must be on everything he/she brings
√ DO NOT bring any valuables (Example: I-Pod, jewelry, large amounts of money, etc)
√ Respect all junior lifeguard equipment
√ Exhibit good sportsmanship at all times
√ Cursing and inappropriate hand gestures are never allowed
√ Remain enthusiastic and alert at all times
√ Always act immediately upon the request of instructors
√ JG's should be polite and courteous of instructors
√ JG's should always be safe and travel in a "single file line" to and from Junior Lifeguard class, and avoid going near to and kicking sand onto beach patrons.
√ Remember, as a Junior Lifeguard you represent the City of Imperial Beach.
√ Violating any of the rules may lead to disciplinary actions.

"I have read the Junior Lifeguard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary actions."

Date: _____

JG Signature: _____

SAFETY RULES

1. Never enter the water without permission from an instructor.
2. The "horn sound" from an instructor indicates that it is time to meet on shore as a group. Bringing the group back to the beach may indicate a teachable moment, anticipated dangerous water condition or that it is time to head in.
3. Stay in the Jr. Guard area or with your instructors at all times.
4. Do not use Jr. Lifeguard equipment without permission from instructors.
5. Always return the equipment you borrowed to where you got it, clean and free from sand.
6. No throwing sand, rocks sticks, or equipment at any time.
7. If you have to leave the group for any reason, an instructor must be notified.
8. Always use the buddy system, or take an aide with you whenever you must leave the group. Only do so after you have notified an instructor.
When you need to use the restroom, notify the instructor and use the buddy system. Never go without telling an instructor, even in the Jr Lifeguard area.
9. Respect the beach! Always throw away your trash and help keep the Jr. Lifeguard area clean. Even pick up trash that may not belong to you.
10. When others are talking, listen and be respectful.
11. Keep your hands and feet to yourself, fighting is not tolerated and will result in strict discipline.
12. No foul language will be tolerated at any time.
13. Free Time / Free Swim is a reward for good behavior. If you ask for it…you won't get it!
14. We stand by the golden rule. "Treat others how you would like to be treated." No name calling, teasing, put downs, or bullying will be tolerated.
15. Never ask the "**no-no questions**"

- ❖ What time is it?
- ❖ When is lunch / break?
- ❖ Are we going in the water today?
- ❖ What are we doing next?
- ❖ Can we have free swim?

DAILY ACTIVITY BREAKDOWN

AM	
9:30-10	Roll/Warm Up
9:30-11:00	Activities & Lessons
11:30-12:30	Lunch
PM	
12:30-2:00	Activity
2:00-2:30	Clean Up/Roll

IMPORTANT DATES FOR SUMMER 2012

June 18, 2012: Session I Starts

June 25, 1012: Session II Starts

June 29, 2012: La Jolla Cove Day

July 9, 2012: SSSB Visit Day

July 12, 2012: Southland Competition & IBJG Awards Banquet

July 13, 2012: SOAK CITY (last day of session)

SUN DANGERS

Can our Sun hurt us?

YES! Prolonged exposure to the sun will cause sun burns. Just one bad sun burn will increase your risks for developing skin cancer.

The Ozone Layer+

a. The Ozone Layer averages about 15 – 50 kilometers above the Earth's surface. It forms a protective "blanket" around our Earth, absorbing harmful Ultraviolet radiation which is produced by the Sun. **Ultraviolet radiation** can damage cells of living things – plants, animals and people.
b. The major breakdown of the ozone over the last twenty years has been caused by man-made chemicals. Large amounts of CFC's (a gas) are produced in everyday appliances like fridges, aerosol spray cans, and fire extinguishers.
c. When these gases enter the high atmosphere where the ozone layer is, they can be broken up by the intense sunlight, releasing chlorine which reacts with ozone, destroying it and resulting in the ozone hole.
d. Without the protection of the ozone layer, harmful radiation has a perfect hole through which to strike earth.

Sun protection is *essential* to skin cancer prevention –about 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun.

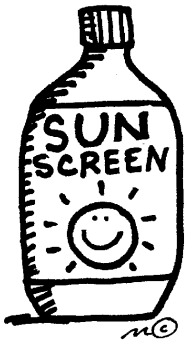
How do we protect ourselves?

Sunscreens should be considered a vital part of a comprehensive sun protection regimen that includes seeking shade, covering up with clothing such as a wide a wide-brimmed hat, wearing UV-blocking sunglasses and avoiding tanning and UV tanning booths.

SUNSCREEN

Too much sun:

- Burns your skin.
- Can cause Skin Cancer (which is deadly).
- Wrinkles your skin.



Sunscreen must be:

- At least SPF 30.
- Water Resistant / Sweat Resistant
- UVA & UVB protection

S.P.F. = Sun protection Factor
U.V. = Ultra Violet

Sunscreen Guidelines

- **Pre-apply:** Pre-apply sunscreen at least 20 minutes before sun exposure so it has time to absorb into your skin.
- **Re-apply**: Re-apply every **hour,** after swimming, or sweating excessively.
- **Be Generous**: About 1 ounce of sunscreen (a "palm full") should be used to cover the arms, legs, neck and face of the average adult.
- **Understand Labels**: Look for products with an effective **broad / full-spectrum** sun-blocking ingredient, such as Zinc Oxide, Titanium Dioxide and a minimum of SPF 30. Products labeled "water – resistant / proof" may provide protection for at least 80 minutes even when swimming or sweating.
- **Don't Use Old Sunscreen**: Exposure to extreme temperatures can shorten sunscreen's shelf life, too, so it's safest to buy a new bottle(s) every summer season. Check expiration dates.
- **No Excuses**: If cream sunscreens feel too heavy, try a gel or spray, such as PreSun Gel, which has a light feel or, PreSun Spray, which is quick to apply and very light, making it great for kids and active adults.
- **Apply Under Clothes**: You may think wearing a t-shirt when swimming provides protection, but a wet t-shirt actually only has an SPF 4. Make sure to apply sunscreen even under clothes.

SUNBURN PREVENTION

Minimizing sun exposure is the best way to prevent skin damage, including many types of skin cancer:

- Protect your skin from the sun when you can –wear protective clothing such as hats, long-sleeved shirts, long skirts, or pants
- Try to avoid exposure between 10 a.m. and 4 p.m., when the sun is most intense
- Use sunscreen with an **SPF** of **at least 30**. Apply sunscreen at least one-half hour before sun exposure, and reapply frequently
- Apply sunscreen during winter months as well

More great information can be found at: www.skincancer.org

REVIEW!

List as many sunscreen brands below as you can:

What number **SPF** should you use?

When should you **Apply and Re-apply** your sunscreen?

What does **SPF** stand for?

PROTECTING OUR OCEAN FROM TRASH

Take a look at the following items and how long they take to biodegrade.
(Biodegrade means that it can be broken down into smaller pieces by natural forces)

Cigarette Filter	**1 – 5 years**
Plastic Bag	**10 – 20 years**
Plastic Cup	**50 years**
Aluminum Can	**80 – 200 years**
Plastic Bottle	**450 years**
Fishing Line	**600 years**
Glass Bottle	**1 million years!**

PROTECTING OUR OCEAN FROM TRASH (cont)

Ways you can protect the ocean

1. **When you are out and about….**
   a. Pick up litter
   b. Don't leave trash on the ground… put it in a trash can
   c. Pack a "no-waste lunch"
   d. Bring a reusable lunch bag and reusable water bottle,
   e. Don't waste paper; use both sides before recycling it.
2. **When you are at home…..**
   a. Make sure garbage bags are tied tight so that papers and other items cannot fall out and become litter.
   b. Don't put anything down drains except ***WATER.***

How Does Litter Affect our World?

1) Litter is a threat to public health
2) Plastic litter can choke or suffocate birds & marine life.
3) Litter is ingested by animals, often killing them.

Over 1 million sea birds and one hundred thousand marine mammals and sea turtles are killed each year by swallowing plastics or becoming entangled in trash

Pollution is having a huge effect on our oceans. In many areas the number of fish is decreasing, and the kelp beds are getting smaller. Every time you litter, put chemicals on the lawn at home, or pour something down the storm drain, it eventually finds its way to the ocean.

Remember: storm drains go directly to the ocean. Do not pour anything in the drains that you would not want the fish to breath.

SURFRIDER FOUNDATION: NO BORDER SEWAGE

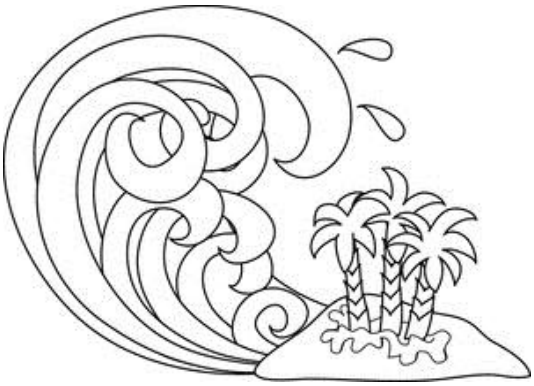
No Border Sewage (No BS) is a campaign to address the environmental issues affecting the wetland areas and beaches of the border region. It is the mission of No B.S. to raise awareness, outreach and education of this incredibly overwhelming problem. Additionally, they have formed a Network of like-minded organizations. It is through the Network we will build consensus and collaboration to address the conservation and restoration of the Tijuana River Watershed.

FOR MORE INFORANTION ON THE NO B.S. CAMPAIGN

Surfrider Foundation, San Diego Chapter http://sandiego.surfrider.org

Surfrider Foundation

WAVES



What are waves?

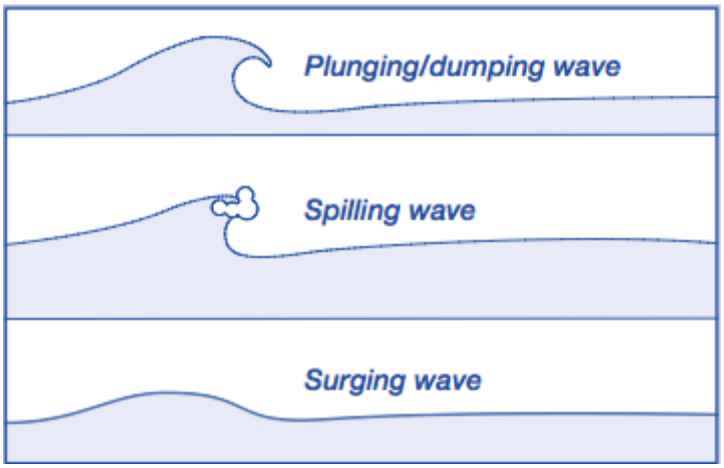
Waves are the final release of energy that is generated thousands of miles away from storms. They are what we surf on, play in and see every time we go to the beach.

Where do our waves come from?

Winter storms are generated in the North off the Alaskan Islands, and in the summer, generated in the South Pacific Ocean.

There are three main factors that affect the size of a wave in open sea.

1. Wind speed – The greater the wind speed is, the larger the wave will be.
2. Wind duration – The longer the wind blows, the larger the wave will be.
3. Fetch – The greater the area the wind affects the wave, the larger the wave will be.



THE WAVE PROCESS

- At the site of a storm, wind begins to ruffle the surface on the ocean, creating tiny waves.

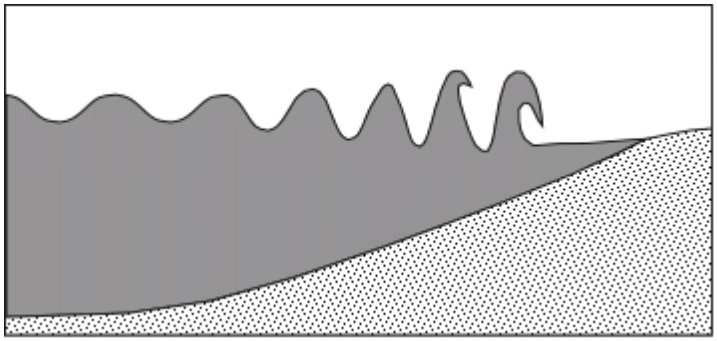
- The uneven surface is grabbed by the wind more easily, making waves larger.

- Eventually the waves will grow large enough that the speed and the power of the wind can no longer affect the sizes of the waves.

- A swell that has now formed, will travel across the ocean until it is stopped by land.

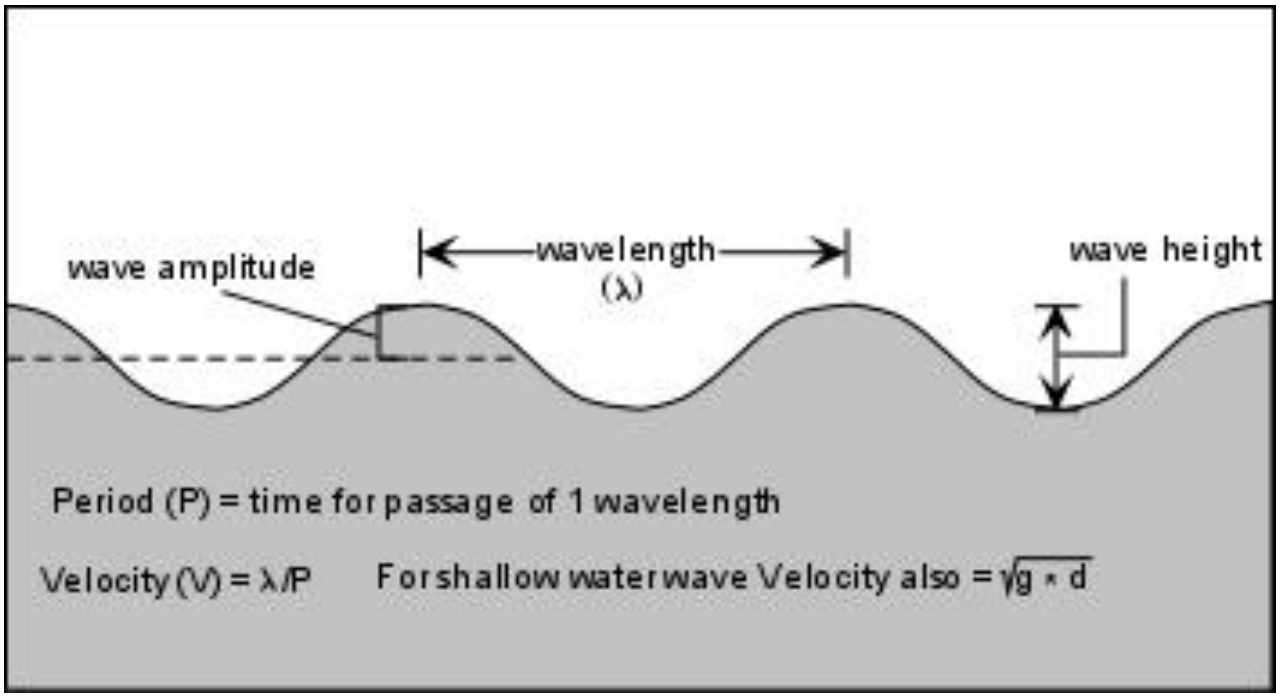
Deep water has a constant wavelength

Shallow water, wavelength decreases, wave height increases

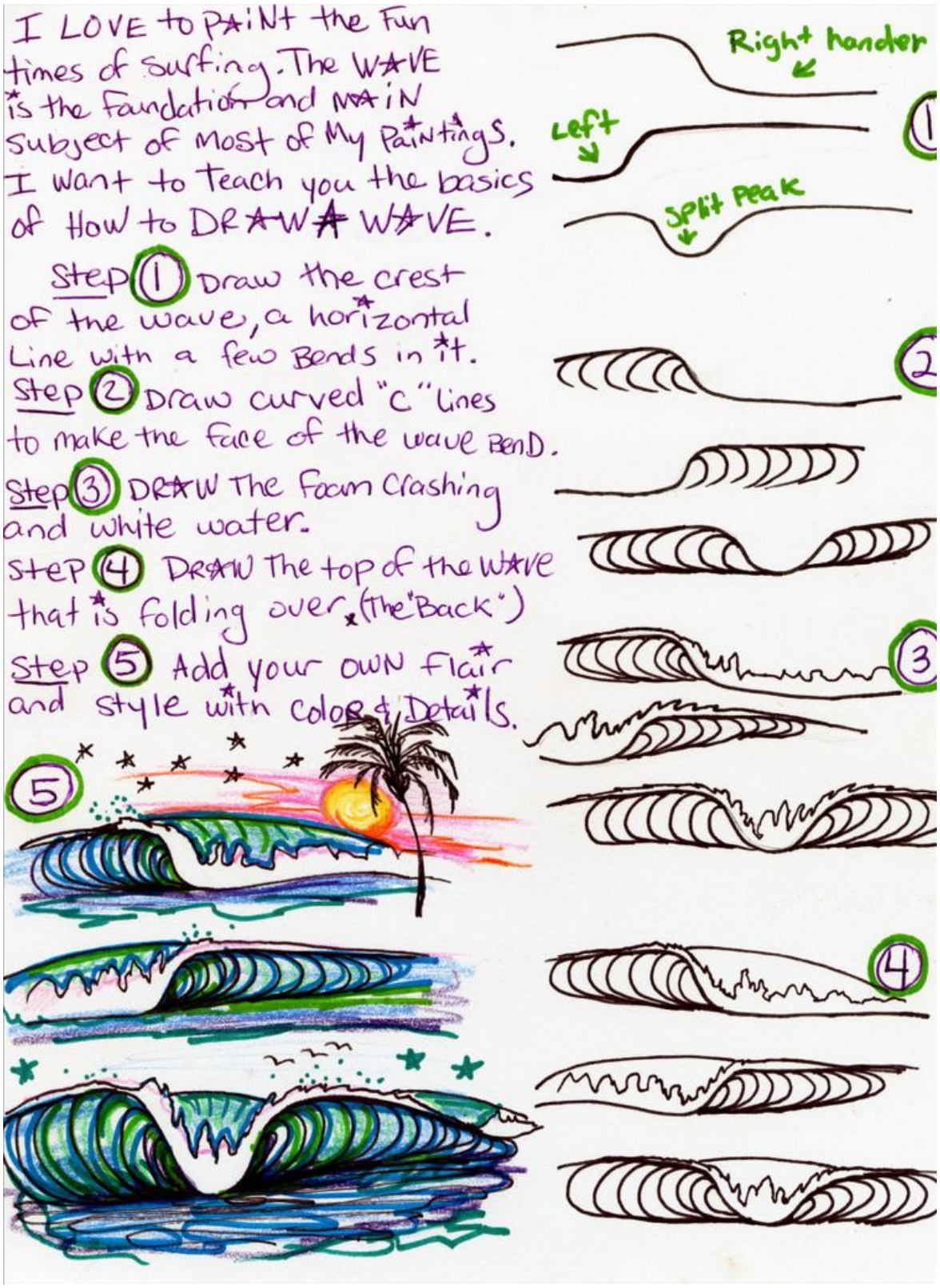


MORE ON WAVES

- **Wave height** refers to the distance between the trough of the wave and the crest or peak of the wave.
- **Wave amplitude**- refers to the height of the wave above the still water line, usually this is equal to ½ the wave height. Tsunamis can have variable wave height and amplitude that depends on water depth as we shall see in a moment
- **Wave frequency or period** – is the amount of time it takes for one full wavelength to pass a stationary point.
- **Wave velocity** is the speed of the wave. Velocities of normal ocean waves are about 90 km/hr while tsunamis have velocities up to 950 km/hr (about as fast as jet airplanes), and thus move much more rapidly across ocean basins. The velocity of any wave is equal to the wavelength divided by the wave period.



HOW TO DRAW A WAVE



www.nollie.tv/2007/11/surf-art-how-to.html

TSUNAMI

DEFINITION:

A tsunami is a large, often destructive sea wave that is produced by a submarine earthquake, subsidence, or volcanic eruption. It is sometimes incorrectly referred to as a tidal wave.

- They can reach heights of over fifty feet. The first surge is not always the highest, and the largest can occur hours after the first wave hits. It is not possible to predict how many surges or how much time will elapse between waves for a particular tsunami.

- An unusual lowering of ocean water, exposing the sea floor, is a warning of a tsunami or other large wave. This "draw back" means the water will surge back strongly.

- Beaches, lagoons, bays, estuaries, tidal flats and river mouths are the most dangerous places to be. It is rare for a tsunami to penetrate more than a mile inland.

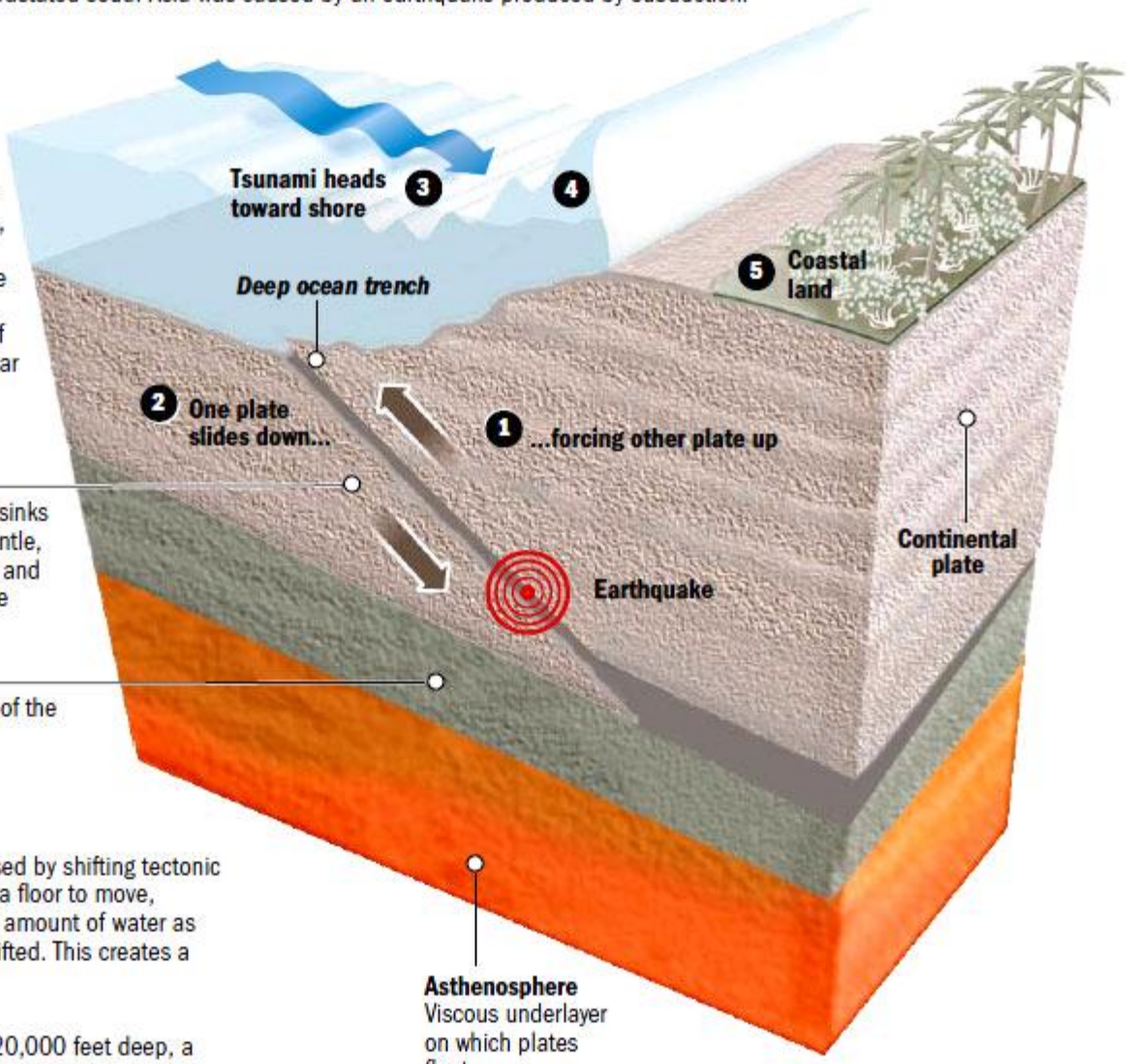
- Tsunami waves are unlike normal waves. Tsunamis are more like a large tidal surge, mountain of water, or river in flood that is filled with debris.

Signs like these are seen throughout the California coast and are a part of a statewide warning and response system

HOW A TSUNAMI FORMS

Tsunami means *harbor wave* in Japanese. It is a series of waves caused by seismic activity near or on the ocean floor. The tsunami that devastated south Asia was caused by an earthquake produced by subduction.

Subduction
A cold, heavy sea plate dives under a continental plate in a slow, continuous process. If the plate "sticks" in one place, enormous pressure builds. Eventually the plate slips and an earthquake results. If the earthquake is near the ocean floor a tsunami can occur.



1. Earth tremors
An earthquake, caused by shifting tectonic plates, forces the sea floor to move, displacing the same amount of water as the sea floor was shifted. This creates a tsunami.

2. In deep water
In water more than 20,000 feet deep, a tsunami is barely noticeable but travels up to 600 miles per hour. And its vertical height extends from the ocean floor to the top of the wave, turning it into a wall of water.

3. In shallow water
As the tsunami nears land, shallow water compresses its energy, increasing its force. The front of the wave slows, but the back of the wave does not, causing the wave's height to increase.

4. Before the tsunami hits
As it moves toward shore, the tsunami creates a strong undercurrent, which causes coastal waters to recede for up to 25 minutes before the wave hits.

5. When it hits
On land, a tsunami acts like a flash flood; rushing waters carry immense force. The series of waves can last several hours.

Strength is determined by:
- Magnitude, depth of the quake
- Depth of the water
- Topography of the ocean floor
- Strength of the current

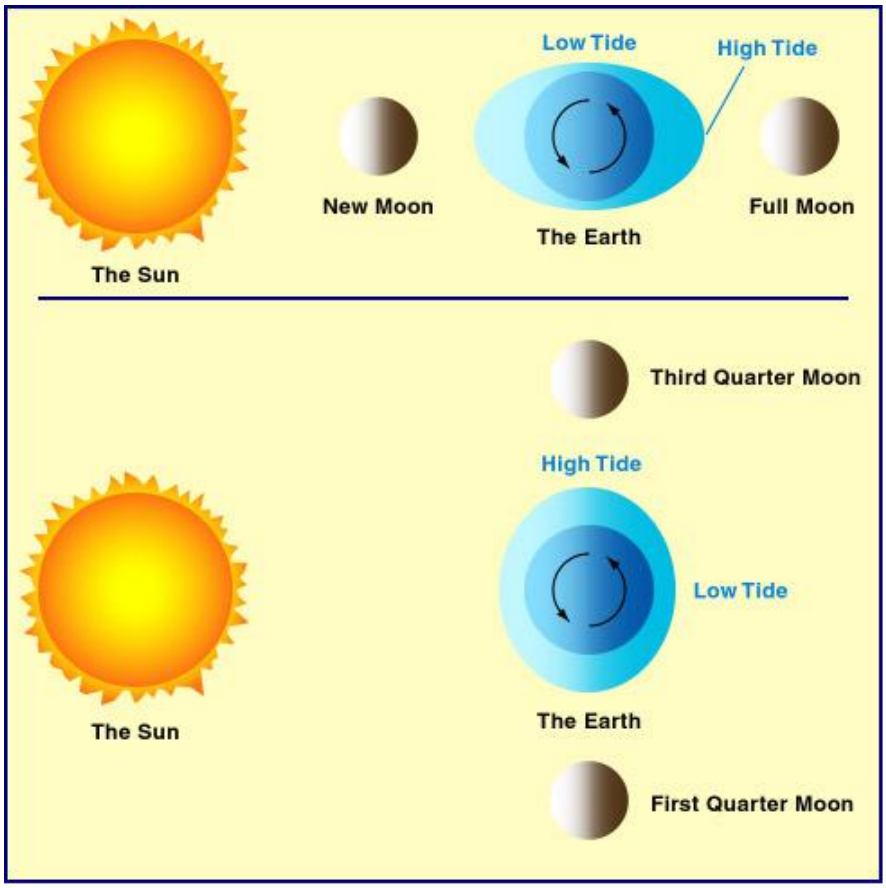
Sources: National Oceanic and Atmospheric Administration; University of Hawaii, Department of Oceanography

TIDES

Tides are periodic rises and falls of large bodies of water. Tides are caused by the gravitational interaction of the Earth and the Moon, as well as the Earth with the Sun (The Sun being the weaker of the two influencing tides). Every day in Southern California, on average, there are four different tides (Two High and Two Low).

This gravitational attraction of the moon causes the oceans to bulge out in the direction of the moon. Another bulge occurs on the opposite side Tides are strongest when there is a full moon, and New (or NO) moon.

Tides are important to lifeguards everyday of the year. They play an important role in all water conditions and are always changing.

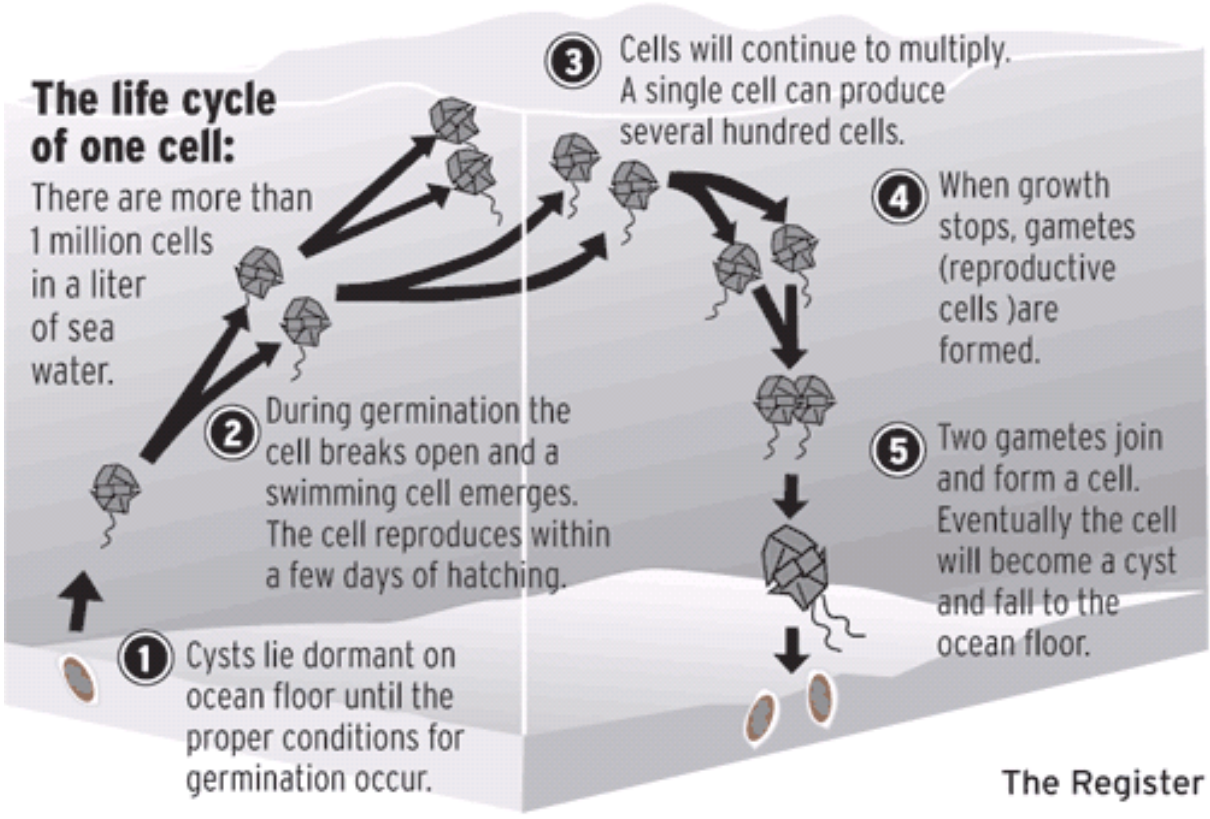


RED TIDE

Winds can stir up the waves, mixing nutrients into the surface water.

Sunlight also helps stimulate a bloom.

Night light: The bloom contains bioluminescent organisms, so when the waves break at night, they briefly sparkle.

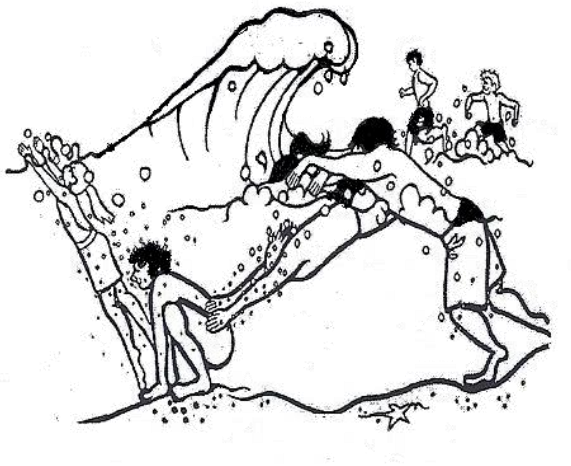


Sources: Orange County Environmental Health Division, Matt Hageman-Bluetorch, and NOAA

DOLPHIN DIVING / DOLPHINING

Dolphining:

Dolphining, or Dolphin Diving is a quicker and safer way to get through the surf line in a hurry. This is how lifeguards move **from waist deep water to chest deep** water when performing a rescue.



Remember to:

1) Dive with stiff or rigid arms out in front of you to protect your head and neck
2) Dive shallow, almost like you're belly-flopping.

After diving, grab the bottom or push off with your hands, plant your feet, & jump off the bottom going directly into another dolphin.

SANDBARS AND INSHORE HOLES

Sandbars are the raised areas of sand surrounding inshore holes or trenches. They are formed by swells and waves hitting, displacing and adding sand. Because you cannot see how deep the water is from the surface, sandbars can be very hazardous to people who dive into the water near the surf line without checking how deep the bottom is first. Once you reach waist-deep water, you can start dolphining.

SANDBARS AND INSHORE HOLES (cont)

- Sand is brought to our beaches from waves/the currents, erosion, rivers , sand replenishment projects and rivers & streams.

- The north storms and larger waves in the winter take sand away. In summer smaller waves and southern currents build sand on the beach.

- Sandbars are created by the processes of currents and ocean circulation

- During this process, uneven bottom contours are created. Deep areas between sandbars and shore are called "**inshore holes**"

- Inshore holes vary in size, and can be hundreds of yards in length, and are a major site of rescues at Moonlight Beach!

- Many times, the inshore hole will lead directly to the feeder of a rip current

RIP CURRENTS

"Rivers through the surf"

Rip Currents are narrow, river-like currents that can flow up to hundreds of yards outside the shoreline.

They occur because water moves towards shore and must have a way to exit back to sea. More than 80% of all rescues occur in rip currents!

Rip currents are formed when water pushed ashore by side currents and incoming waves pool together and funnel back out to sea along the path of least resistance. Rips also form when outgoing rivers or streams flow into the ocean.

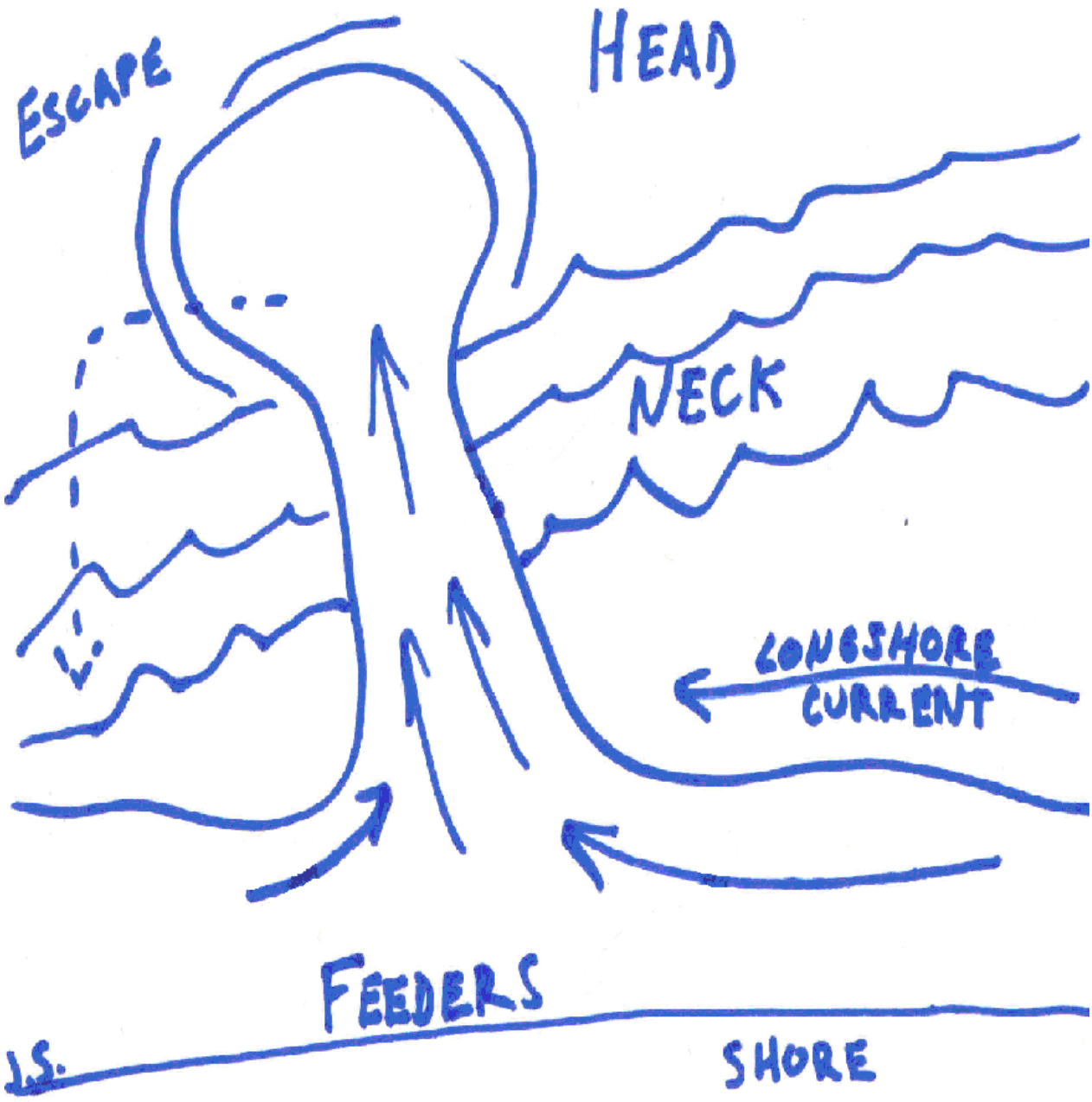
Where sand is the predominant bottom feature, rip currents move out to sea through troughs or "deep spots" in the sand formed by the waves repetitively pounding the shore- line. These types of rip currents are the most unpredictable and can form in a matter of seconds.

Three parts of a rip current:

1. Feeder
2. Neck
3. Head

Characteristics of a rip current:

- Foamy, choppy surface with no set waves breaking
- Dirty brown / discolored water from the churned up sand
- You can see the water moving out to sea. "A river through the surf."
- No, or little waves will be breaking on the rip current
- Defined parts of a rip current (Feeder, neck and head)



4 TYPES OF RIP CURRENTS

1) Permanent – constantly pulling around a fixed object in the water, or caused by the constant flow of water into a larger body of water. (Jetty, pier, rocks, or river) (Cottonwood Creek)

2) Fixed – Only found on sandbars, and pull offshore in one location because the depth directly underneath is greater than surrounding depths (D-Street Rip Current!).

3) Traveling – a flash rip that travels up or down the beach with the longshore current.

4) Flash – suddenly appears after a set, and only lasts for a short amount of time.

How do you escape a rip current?

- Don't panic
- Float or tread water
- Swim sideways or (parallel) to the beach in order to escape the current
- If you cannot fight the current, float to the end of the current, and escape from the head
- The rip current will not pull you under; it will only pull you outward

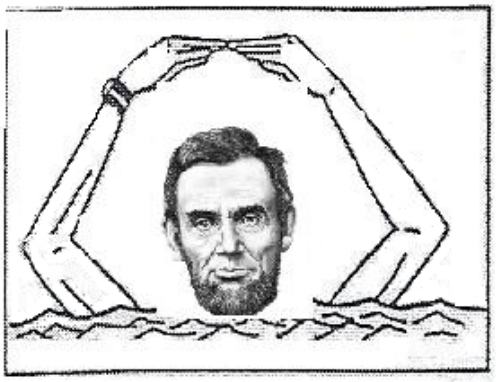
How do you ask for help if you're in trouble?

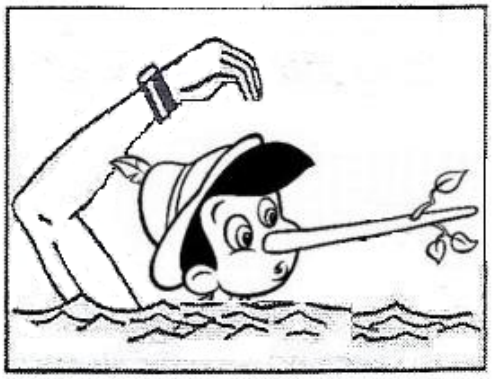
- Wave your hands as high as you can (lifeguards will demonstrate)
- Yell for "HELP!"

If the lifeguards cannot hear you, somebody else may, and can notify the lifeguards! Never wave your hands for help if you don't need help! Lifeguards take this very seriously!

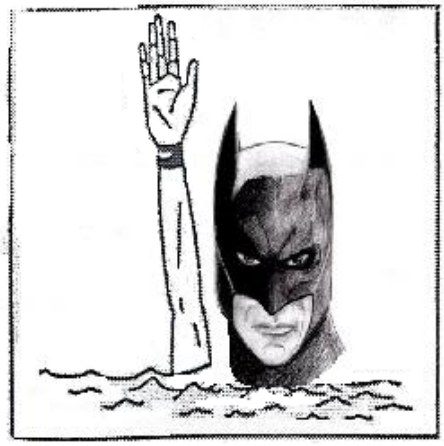
LIFEGUARD HAND SIGNALS

UNDER CONTROL / ALL CLEAR

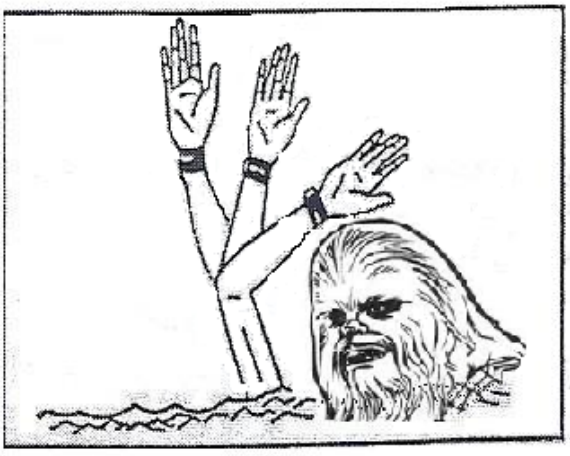




ASSISTANCE NEEDED



RESUSCITATION CASE



Signals are used when lifeguards need to communicate. When a signal is given by a lifeguard in the water, the lifeguard(s) on the beach repeat the signal back, letting the lifeguard in the water know that their signal has been seen and understood

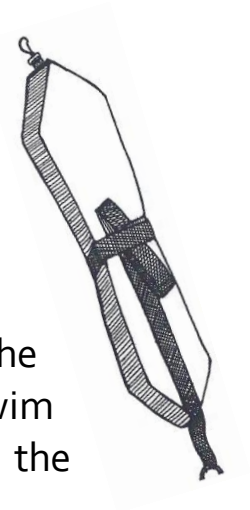
CODE X / MISSING SWIMMER

These are the basic hand signals that lifeguards use on a daily basis

LIFEGUARD RESCUE TUBE

The Peterson Tube

In 1935, Santa Monica Beach Lifeguard Pete Peterson built an inflatable yellow rescue tube with a snap hook at one end and a 14 inch strap, line and harness at the other end. To this day, it is known as the Peterson Tube!



The Peterson Tube can be used to wrap a victim in. This keeps the person afloat while the Lifeguard tows them in. It is easier to swim with through the surf, due to less friction, and floatation ability in the water. It can safely float three adults.

Caution! The hook at the end of the tube can be very dangerous if it hits someone or the victim in the water.

Burnside Buoy

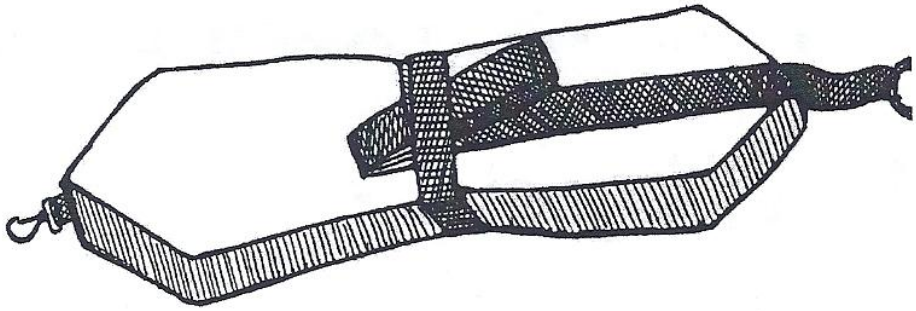
The Burnside Buoy or "Rescue Can" is a hollow plastic rescue flotation device. Due to its rigidity, it is slightly more hazardous in larger surf conditions. It has greater buoyancy than the Peterson Tube and can safely float up to 6 adults. The victim must be able to hold on themselves and the lifeguard must be ready to hold onto the victim and the can when taking on surf.

It can also be used as a shield from being slammed against rocks or pier pilings, or as a tool of defense due to its durability.

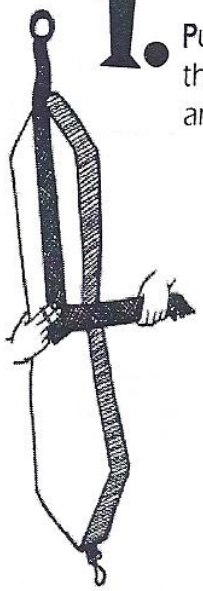
The **downside** is that the Burnside Buoy is made of hard plastic which makes it more dangerous to lifeguards and victims.

*Different lifeguard departments often prefer to use one type over the other. The bottom line is that both are useful tools to complete rescues!

WRAPPING A BUOY

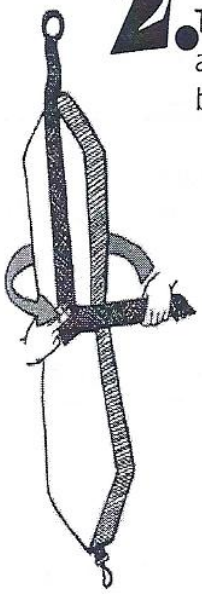


1. Pull the strap down to the center of the buoy and make an "L".



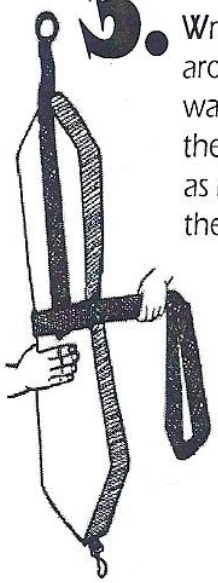
REMEMBER
'L' for
Lifeguard

2. Tightly wrap strap around the waist of the buoy making a "T".



REMEMBER
'T' for
Tight

3. Wrap the strap around the buoy waist until **you see** the loop at the end, as in the picture to the left.



4. Watch your Instructor closely to see which end of the loop of the strap is tucked in. This is important!

If you tuck in the wrong side, your buoy will not open correctly.

RESCUE RECOGNITION

Signs of a potential drowning victim

1) Facing the shore
2) Trying to get to shore
3) Low head, low stroke and poor stroke
4) Waves breaking on or over their head
5) Hair in the face not being moved out of the way
6) Going "over the falls"
7) Panicked expression: anxious / big eyes
8) Hand or arms waving or flailing
9) Two heads near each other or one lagging behind
10) Trying to swim in through a rip current with no progress
11) Trying to swim in with boogie/surf board in tow

STEPS IN A RESCUE

1) Identify need for a rescue
2) Take a rescue buoy down and radio to main tower where your rescue is in regards to your tower, and how many victims, and if they are swimming, surfing or boogie boarding
3) Keep your eyes on the victim at all times
4) Stay relaxed and observe surroundings when running to the water
5) Run on hard sand and make a smart entrance point in the water
6) In ankle deep water pop the rescue tube and place it around your shoulder and drag it behind you
7) High step until you reach waist deep water
8) Dolphin dive until you reach chest deep water
9) Turn your back to the waves and put on your fins
10) Swim with head up towards the victim(s)
11) Talk to the victim when you approach, be reassuring and calming
12) Never let yourself get in a position where the victim may grab you
13) Hand the buoy to the victim and clip them in
14) Give appropriate hand signal to main tower or incoming lifeguards
15) Safely bring the victim in to the beach
16) Do not release the victim from the buoy until you are on shore and the victim is standing on their own

3 STAGES OF DROWNING

DISTRESS

Distress is a period of increasing distress prior to the actual onset of a swimming emergency.

- Some distressed swimmers DON'T KNOW they are in trouble. (a person caught in a rip may try to swim straight to shore)
- Most distressed swimmers are still able to support themselves with limited swimming skills or a floatation device.
- 80% or more of these rescues are in or near RIP CURRENTS!

PANIC

Panic is when a victim is unable to reach safety during the distress phase. They become tired and begin to panic.

- Panicked victims may use an ineffective stroke
- Swimmer loses strength and feels a sense of desperation
- Inadequate buoyancy
- Arms flail at the side in a desperate measure to stay afloat (climbing the ladder)
- This stage usually only last 10-60 seconds because the victim quickly tires

SUBMERSION

Submersion**:** Victims who lose their ability to maintain buoyancy rapidly submerge and sink to the bottom.

- Victim survival is possible for just a few minutes after submersion
- Murky water and currents can make it difficult to search for and recover a submerged body
- Quick response is crucial**!**

LIFEGUARDS TOOLS

The most basic of all lifeguarding tools are the CANS and FINS. A lifeguard is never allowed to go anywhere without these tools.

Lifeguard's tools:

- Hats
- Sunscreen
- Sunglasses
- Water
- Food / Snacks
- Towel
- Blankets
- Backpack / Gear Bags
- Inflatable Rescue Boats
- Personal Water Craft
- SCUBA Gear
- Cliff Gear
- Swiftwater Rescue Gear
- All Terrain Vehicles / Quads
- Mask and Snorkel
- Radios
- Telephone
- Rescue Rope
- Wetsuits
- Gloves
- Helmets
- First Aid Equipment
- Oxygen
- AED

Trucks: Cliff gear, binoculars, paddle boards, spinal boards, medical equipment, oxygen, AED, radio equipment, siren, PA, maps, and pagers.

*Trucks are used to patrol and transport patients.

PERSONAL WATERCRAFT (P.W.C.)

Personal Watercraft (PWC) is a vessel designation of the U.S. Coast Guard. Currently PWC'S are a major part of the Rescue boat fleet in the Encinitas Lifeguard service, and can be used for other operations aside from standard rescues such as patrolling, vessel & aircraft rescues/recovery, search & rescue and dive operations. There are many other public safety uses for the PWC as well.

Every operator and crew must wear a helmet, gloves, foot protection and a fin belt with a lanyard that is to be used when possible. Pfd's and a fire extinguisher must also be on board the vessel.

The positives of using a PWC as a rescue tool

- It is a very powerful machine that can cut through heavy surf with ease
- It is faster than swimming
- Can rescue multiple victims at a time
- Can make more rescues in a shorter period of time
- An alternate vantage point to spot rescues
- Checking on long distance swimmers
- Getting through the surf line quickly during dangerous swimmers
- Quick backup for tower guards

Negatives of a PWC

- Engine can have problems
- Must refuel
- Very heavy piece of machinery
- Takes a lot of constant training
- Hard to use in dense crowds
- Intake blockage
- No breaks

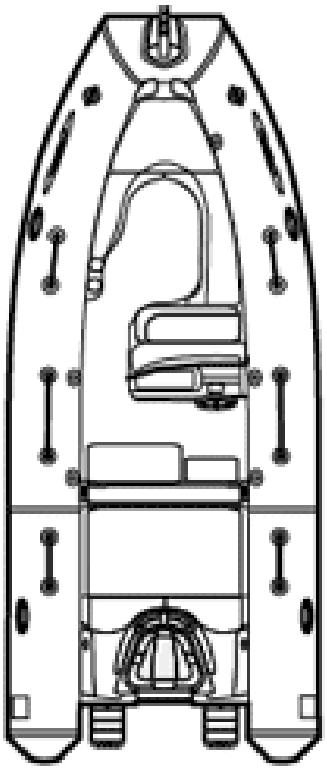
INFLATABLE RESCUE BOAT (I.R.B.)

The "IRB" (Inflatable Rescue Boat), is an important asset to the Encinitas Marine Safety Department. The Encinitas Marine Safety IRB will be used as a **dive** support vessel. The IRB is not intended to be a surf rescue vessel.

- The current boat is 14'9'' in length and 6'9'' overall width
- The total weight excluding the outboard engine is 249lbs
- By the time it is loaded with dive gear, food, water, and safety equipment, the total weight can greatly increase
- Crewmen play a very important role in maintaining balance of the boat, as does the way the gear weight is distributed throughout the vessel
- This boat can be launched from a boat ramp or from the beach if enough personnel are available

Equipment that we carry on the I.R.B.

- Up to 5 sets of dive gear with tanks.
- Dive knifes
- Rescue tubes
- Fins
- 2 hard gas tanks, 1 gas bladder
- Anchor with chain
- Rope
- GPS
- Radios (VHF, 800 MHz)
- Boat hook
- Up to 5 Personnel
- Paddles
- Lights



MARINE ANIMALS

Mammals breathe air directly and have lungs (just like humans!). Dolphins and **whales** are both examples of marine mammals.

Dolphins

- They are mammals; they are closely related to whales
- There are 40 different species of dolphins that are distributed through out the world.
- They vary in size from 2 to 20 feet

Sharks

- Are passive and rarely harm people
- They live in deep and shallow water
- Sharks are cartilaginous fish
- They are carnivores, they eat other fish. They have sharp teeth, strong jaws, * keen sight, and a good sense of smell.
- There about 440 species of sharks ranging from sizes between 5 inches (a deep sea shark) and 40 feet (a whale shark).

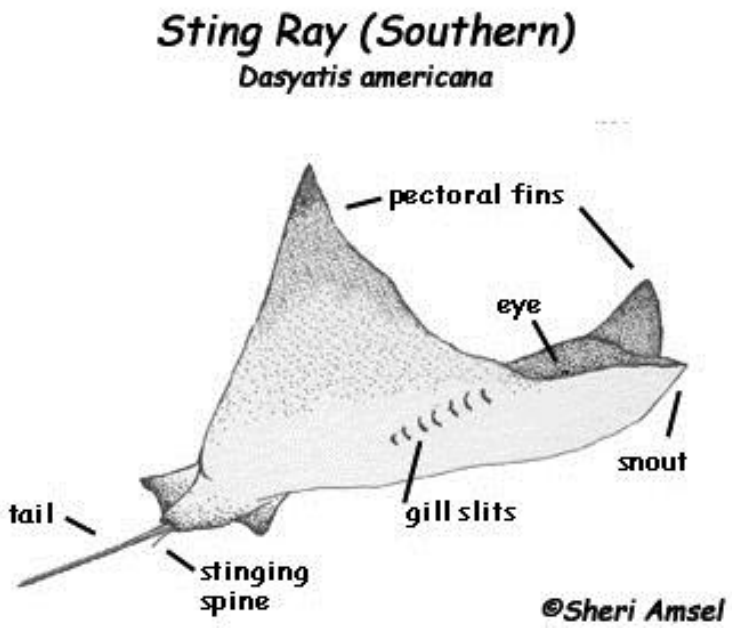
<u>What are the differences between a shark and dolphin?</u>

You can tell the difference between sharks and dolphins by the shape of their tail fins. A dolphin's tail fin is horizontal and they swim up and down. They also swim in pods. The tail fins of sharks are vertical, and they swim side to side. They generally swim by themselves and are not seen with other sharks.

Whales

In encinitas, we can see gray whales in the winter months migrating south to have their babies in the warm waters near the equator. We can also see them migrating back north with their new babies in the spring.

Stingrays



- Found in shallow water
- More common in the warm summer months
- Docile and spend most of their time buried in the sand, moving only with the current.

Stingrays have a stinger/barb with poison on it located on the base of their tail for self defense. If you step on them, they get scared they may flip their tail up to sting you.

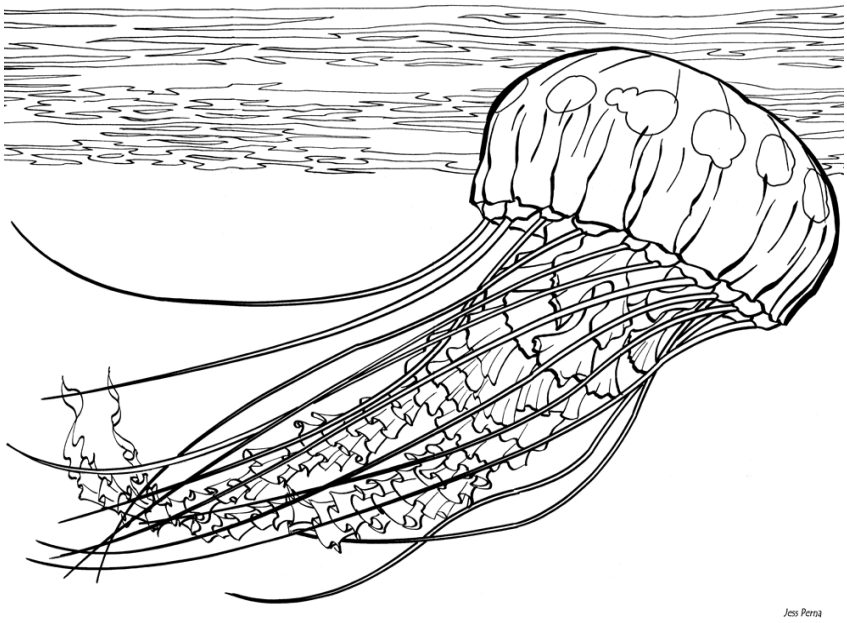
Stingrays feel vibrations on the bottom- Do the stingray shuffle when walking in shallow water! Do you know how to shuffle?

If stung, tell a lifeguard or soak your foot in hot water (as long as it takes) ASAP to break down the toxin that causes the pain and treat your wound to prevent infection!

BEES

Bees are often found on the beaches / shoreline. They get their wings wet and can no longer fly. Many people step on them throughout the summer and if they are allergic, it can become very dangerous. Treatment includes removing the stinger with a card, ice pack, and finding out if they are allergic.

Jellies or Jellyfish



- Jelly fish are found in every ocean from the surface to the deep seas.
- They have a body, with long tentacles and are made of 95-99% water.
- **How they sting:** Tentacles used to catch fish often brush up against our skin, nematocysts on tentacles irritate skin. **Treat with a vinegar and water mix.** Do not rub! Even if you find a dead marine animal, be sure not to touch it. It still may sting you.
- Jelly fish can range in size from the size of your finger nail to up to 50 feet long!

Color in the jellyfish to look like the ones we see in Encinitas

Reef

Reef is a permanent rock structure on the bottom of the ocean floor that was produced hundreds of years ago by volcanoes and earth quakes. There are many marine plants and animals that like to live near or on a reef. Some of the animals include fish, and sea stars and some of the plants include kelp and sea grass.

Tide Pools

When the water comes in during high tide it brings plants and animals with it. When water goes back out to the ocean during low tide, some water gets trapped in low spots in rocks or sand on the beach in an area called the **intertidal zone** creating tidepools. The tide pools are home to many ocean creatures and plants.

Tide pools in Encinitas can be found at **Swamis** and **Seaside** beaches.

TIDE POOL PLEDGE

When I go tide pooling I promise to:

1. **Visit with care.** I'll leave every animal, rock and shell where I found it. I'll also leave the beach cleaner than I found it.
2. **Touch gently.** I'll look more than touch and leave animals under water or on the rocks.
3. **Watch my step.** I'll stay on bare rocks so I don't step on animals or rip seaweed.
4. **Be safe.** I'll visit when the tide is low and going out, and I'll keep my eyes out for waves.

Signed: _____

Winter is genearlly the best time for tide pooling. It is always good to consult a tide chart or check with the lifeguards for when exactly the lowest tide will be.

Tide pool creatures include: anemones, crabs, hermit crabs, sea stars, barnicals, mussles, limpits, chiton, small fish, and octopus.

KELP FORESTS (Seaweed)

- Kelp grows off shore in cold, nutrient-rich water that averages 20-80 feet deep.

- Giant kelp is one of the fastest growing plants in the world, growing up to 2 feet a day!

- Giant kelp thrives best in water temperatures that range from 50-55 degrees (F), and can live up to 6 years.

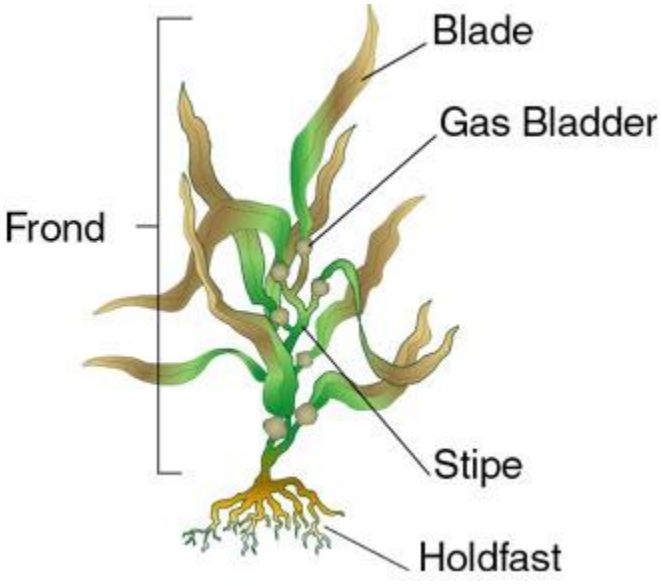
- The plant is continuously pushing up new fronds to the surface, while the older fronds will break off.

- Kelp can reach lengths of more than 100 feet in height, and is the largest marine algae.

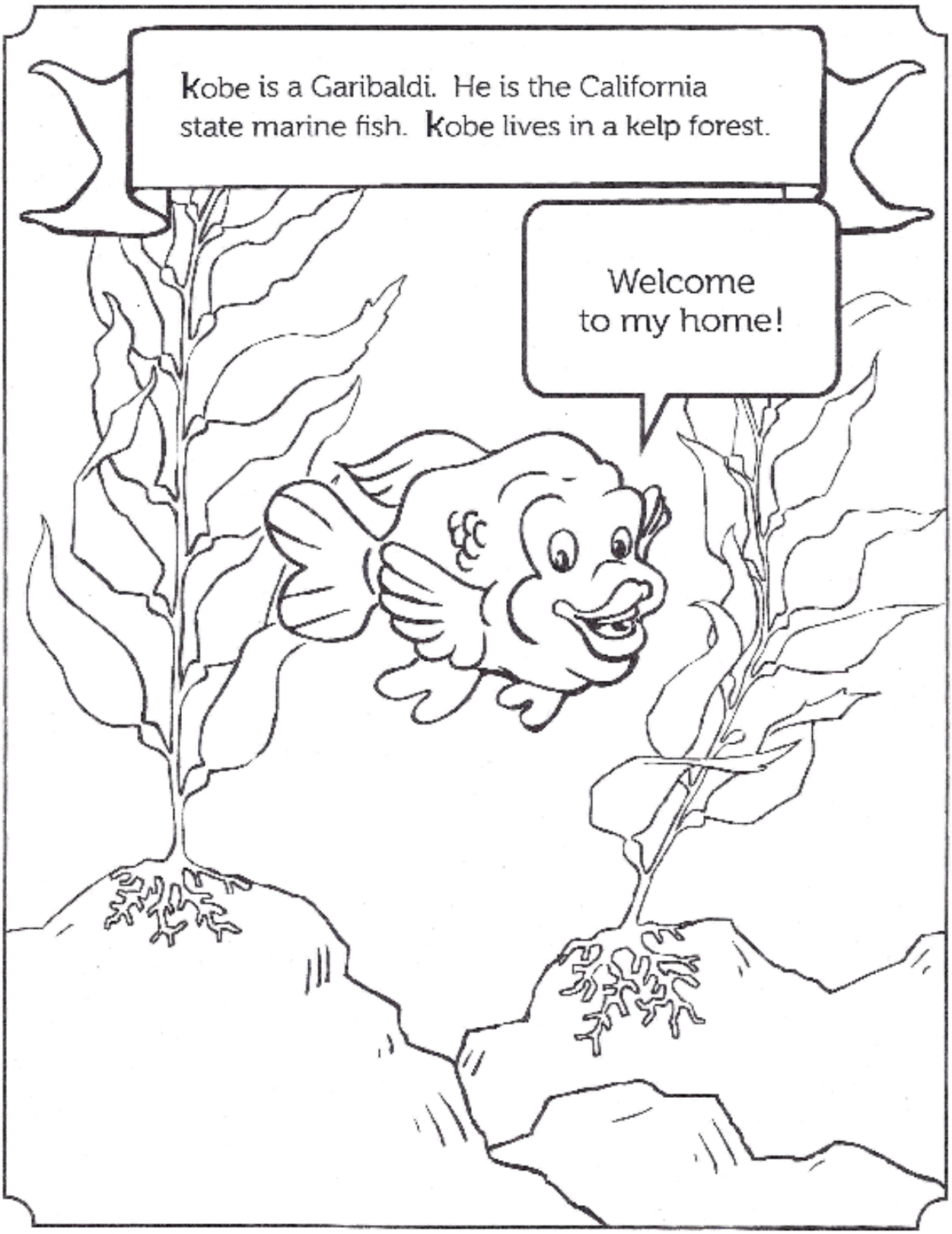
- Many animals call the kelp forest home. It provides shelter, protection and a food supply.

- Fish, sea lions, sea otters (north of point conception), sea urchins, sea stars, abalone, sharks, lobsters, crabs, nudibrachs (colorful slug looking creatures) and many other creatures.

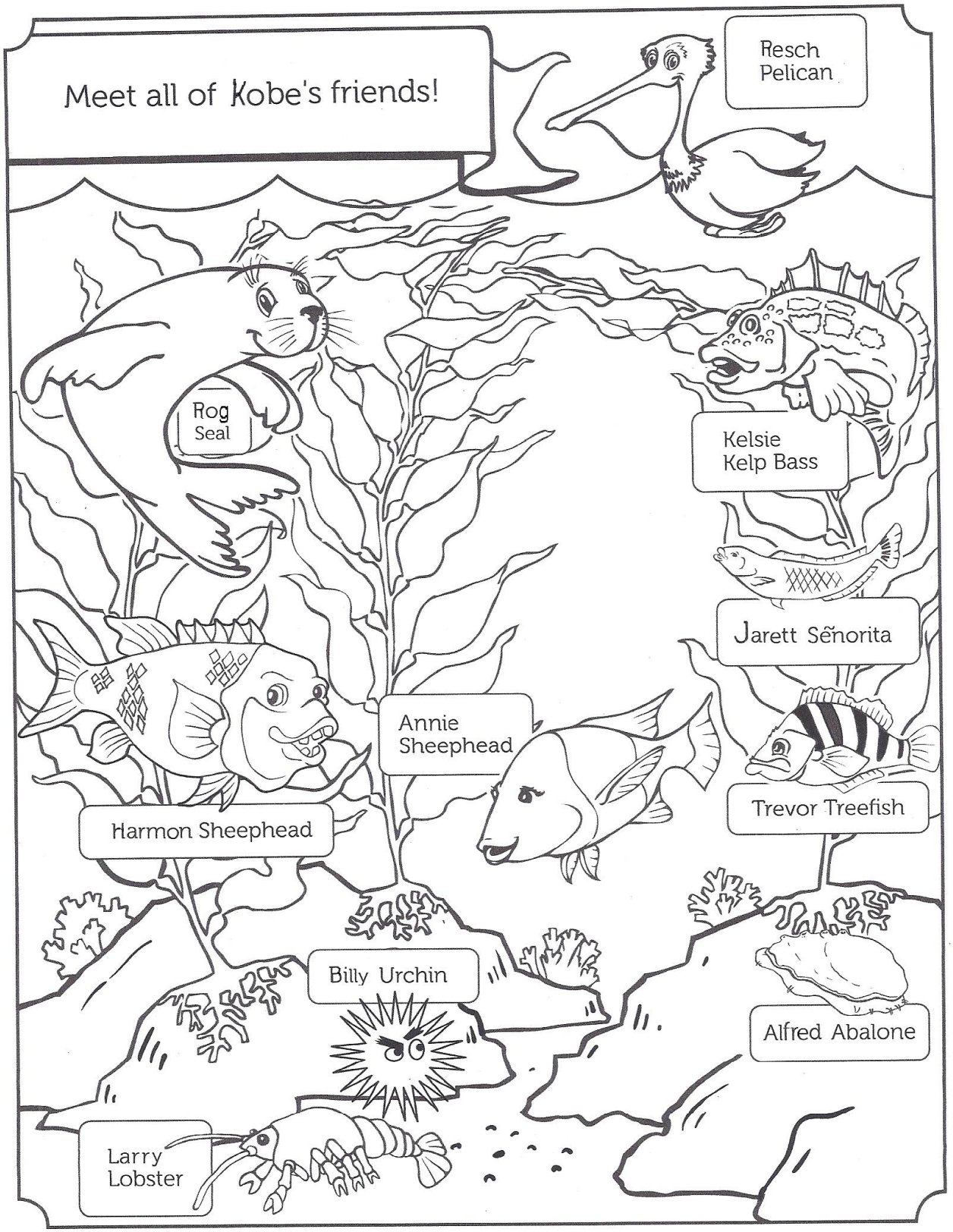
- Kelp forests are harvested several times a year, and used in everyday foods we eat. A chemical called algin allows oil and water to mix. Ice cream is the best example of how we use kelp in our foods. Other uses include toothpaste, in breads, pudding, and salad dressing.



Label all the parts of the kelp



Color in all of Kobe's friends!



LIFEGUARD COMPETITION

Lifeguard Competitions have been a traditional part of lifeguarding history (Professional and Jr Lifeguards). It is a way to see who the best lifeguard is, and overall waterman/ watergirl. Today there are several competitions to take part in. Cal State games, Regional Competitions held in California, and a National Competition.

Individual Events:

- Distance Run
- Distance Swim
- Run- Swim-Run
- Rescue Paddle Race (not at cal state games)
- Beach Flags

Team Events

- Swim Relay
- Run Relay
- Paddle Relay

Every year in California a member agency hosts the Regional Championships. The location moves throughout California. The Regional Championships are open to all California Junior Lifeguards who are members of the **USLA**. Contact your program Coordinator for membership information!

Photo: Team Encinitas at Cal State Games 2011

It is tradition for participants to compete wearing a beanie that is unique to your program which has your team colors and design.

For more info on Regionals, please visit the CSLSA website!

HISTORY OF JUNIOR LIFEGUARDS

In the USA there are approximately 35000 Junior Lifeguards each year

Australia	25000	Nippers
Canada	3000	Juniors
Mexico	300	Jr. Salvavidas
New Zealand	15000	Nippers
Great Britain	10000	Juniors / Nippers
South Africa	20000	Juniors

- In **Chicago** in **1919**, Tom Daley's City Lifeguard Service in Chicago had the first organized junior lifeguards. They were a loosely organized group of boys who help watch certain areas of the beach and would alert the few lifeguards on duty when they spotted any problems, which would then make the rescues. As a reward for their service, the junior lifeguards were given trunks, T-shirts and had the opportunity to use all the lifeguard equipment for extra training.

- In **Chicago** in **1926**, Senior Lifeguard named "Sam" Leone had 40 Junior Lifeguards on his section of Rogers Park Beach area, the busiest stretch of beach in Chicago. Sam realized that these youngsters needed more structure than just standing around and alerting the full time lifeguards…they needed a "program;" one that would train them and give them the opportunity for future employment. Thus "Sam's Boys" were born and eventually flourished to all beaches in Chicago.

- In **1927** the **Los Angeles City Beach Lifeguards** established the first Junior Lifeguard program in California

- In **1927, L.A. County Lifeguard** Jim Neves approached L.A. County's Chief William with the idea of putting together an exercise and water skill program for the kids, similar to that which L.A. City Lifeguards had established. The chief gave the go ahead, and the second recorded west coast beach junior lifeguard program at **Hermosa Beach Pier**

The entire article with more information can be found at:
http://countyrecurrent.blogspot.com/2011/05/history-of-junior-lifeguarding-by-bob.html
(Article: The History of Junior Lifeguards by Bob Burnsided Ret. LACo Lifeguard Chief)

WOUNDS

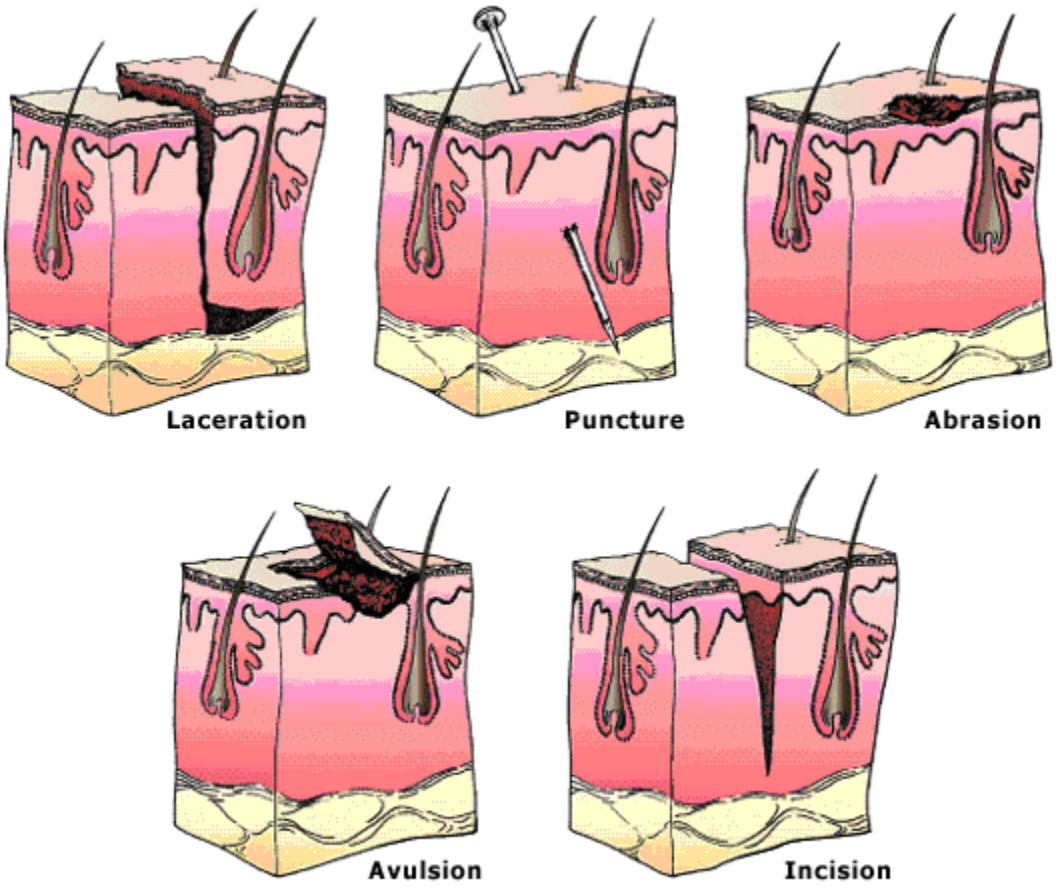
Puncture- skin is pierced by a pointed object such as a pencil or nail.

Laceration- A cut caused by a sharp bladed type of object such as a surf fin or a kitchen knife

Avulsion- portion of the skin is partially torn away by blunt trauma

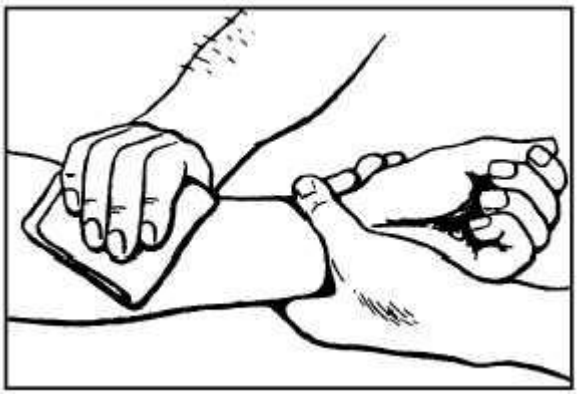
Abrasion- skin rubbed or scraped on a rough surface; a raspberry from falling off a skateboard

Incision- a clean and straight cut caused by very sharp operating tools in the Hospital.



BLEEDING CONTROL

1. Apply direct pressure
2. Sterile Dressing
3. Elevate
4. Pressure point
5. Tourniquet



SHOCK Defined

Shock is Inadequate tissue perfusion. The body sends all its blood to vital/ internal organs, while also increasing heart rate with a decreased blood pressure. These changes in vitals create a decrease in efficiency to deliver oxygen to the body.

TYPES OF Shock**:**

Neurogenic- caused by significant Spinal Trauma (injury)
Anaphylactic- due to an Allergic reaction (bee sting, food allergy)
Hypovolemic- Loss of body fluid (heavy bleeding, not replacing fluids)
Sepsis- (Significant body Infection)
Cardiogenic- Poor Output from the Heart (i.e. due to a heart attack - Cardiac)

Shock requires immediate treatment as symptoms can worsen rapidly. Medical shock is different than emotional, or psychological, shock that can occur following a traumatic or frightening emotional event. Low blood pressure is the key sign of shock.

Symptoms of all types of shock include:

- Rapid, shallow breathing
- Rapid, weak pulse
- Cold, clammy skin
- Dizziness or fainting

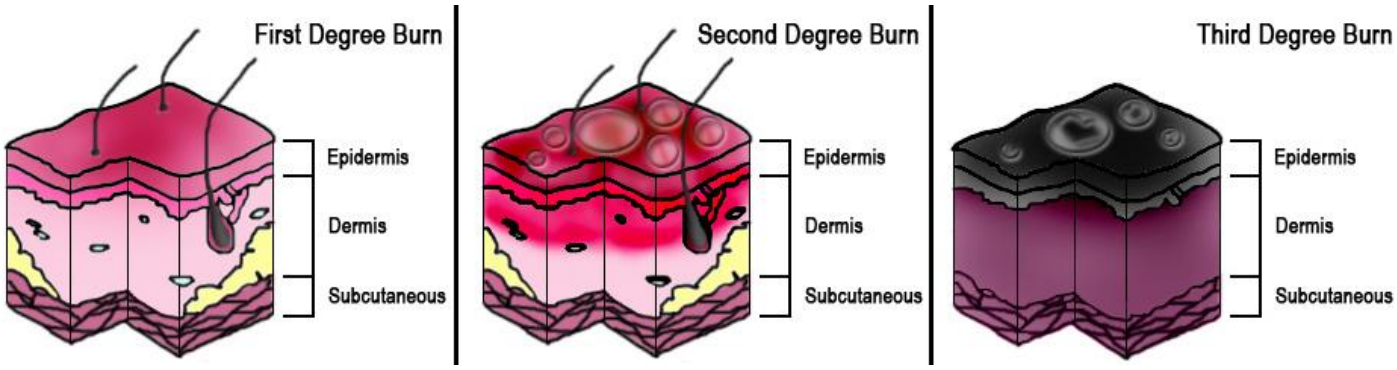
BURNS

Burns are very serious and extremely painful. They can cause a lifetime of painful skin grafts as well as intense scarring. Most burns are preventable. Do not play with lighters, matches or other sources of fire. Lifeguards commonly treat burns from: Sun, Hot Sand, BBQs and fire pits.

1st Degree or Superficial
Example: Sunburn
Damage: to top layer of skin only
Appearance: red and dry, no blistering, but may swell
Treatment: Cool with water or wet cloths then cover with moist cloths & cover with dry sterile dressing

2nd Degree or Partial Thickness
Example: Burn from firework or stove
Damage: deeper than 1st degree with multiple layers of skin lots of blisters
Appearance: red and blistered
Treatment: cover with a dry dressing

3rd Degree or Full Thickness
Example: Serious burn from fire pits or playing with gasoline
Damage: both layers of skin, as well as tissues below
Appearance: Black or chalky, no more blisters
Treatment: Stop burning process with cool water; get medical attention (911). Act immediately!



CPR AHA (Heartsaver)

1. Scene safety
2. Are you ok?
3. Try to wake up patient
4. If no response, have someone call 911 and get an AED if one is available!
5. Begin Chest Compressions at a rate of at least 100/min
6. Check the **CABs (**after 2 minutes of compressions or 200 compressions)

If victim can not be awakened, then you should begin compressions.
Push hard and push fast in the center of the chest!
CABs Include:
C- Circulation: Check for signs of circulation
A- Airway: Head tilt chin lift or Jaw thrust
B- Breathing: Look, Listen and feel for breathing for **no more than 10 Seconds**.

If there is a pulse, but no breathing, begin rescue breathing:

Adults: Give 1 breath every 5 seconds
Children: Give 1 breath every 3 seconds
If there are no signs of circulation, and patient cannot be awoken begin chest compressions.

Continue CPR until EMS help arrives, or you are too exhausted to continue.

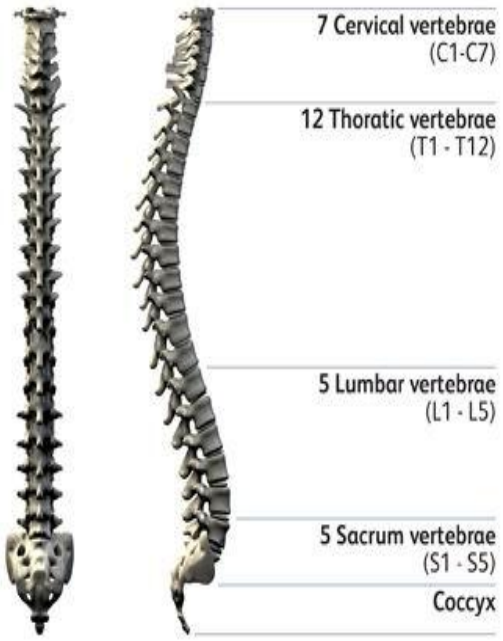
CHOKING
Signs: Person is eating and starts coughing or can't speak or cough due to a blockage of any air movement to the lungs. Face turns blue!

The International sign for choking is hands crossed on neck.

Conscious victim receives abdominal thrusts/ Heimlich.
Unconscious receives chest compressions the exact same as in CPR

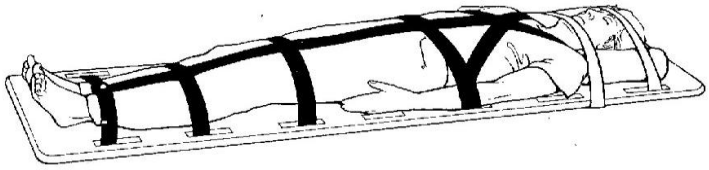
SPINAL INJURY

Why is the spine so important?
The spine is made of 24 separate vertebrae that protect the spinal chord. The spinal chord is part of the central nervous system and carries electronic impulses to tell the muscles of your body to move. If you break any of the vertebrae in your back and it cuts the spinal chord, you can become paralyzed, and unable to move from the place of injury down.



Paraplegic: Inability to move legs
Quadriplegic: Inability to move arms and legs

How to protect your spine
- While bodysurfing, keep an arm in front of you to protect your head and neck
- Never dive head first into the water
- Don't stand with your back towards the waves
- Don't jump off of a high objects such as piers, cliffs or bridges
- In a "wipeout," land as flat as possible with your hands if front of you
- When in doubt, don't dive, play it safe!



Signs of a spinal injury
- Bruises, scrapes, cuts to the head or face
- Pain or tenderness in the head, neck or back
- Numbness or tingling in the arms or legs

What if you think someone has a spinal injury?
- Summon Lifeguards or call 911
- Advise the person to "hold still, don't move anything!"
- If someone is standing or sitting, help them try and maintain that position without moving their head or neck until help arrives.
- If they are in the water, do your best with available help to keep the person still while maintaining an airway.

NUTRITION

Poor food and physical activity choices each day affect your health, how you feel today, tomorrow and in the future! You are what you eat! The better you eat, the better you feel.

How to eat healthy:

- ✓ Make half of your dinner plate vegetables.
- ✓ Make your plate colorful with a variety of food; you should be eating all of the colors of the rainbow.
- ✓ Try eating something new!
- ✓ Drink water or milk instead of sodas, Gatorades and energy drinks.
- ✓ When you are eating, take your time and enjoy your food, it takes your body a while until it can sense that you are full.
- ✓ Take a look at the ingredients label on your food. You will be surprised how many packaged foods contain added sugar.

HOW TO BECOME A LIFEGUARD with Imperial Beach

1. Be 18 years old
2. Take the Intro to Open Water Lifeguarding Course through (Lifeguard Academy) through Miramar College.
3. Be an EMT-B or have your Emergency Response Certification (First Aid)
4. Have an American Heart Association Healthcare Provider Certification or Red Cross CPR for Professional Rescuer Certification.
5. Check with the department you would like to apply to and find out what you need to do specifically for their department.

Our Chain of Command:

Public Safety Director

Captain

Sergeant

Full Time Lifeguard II

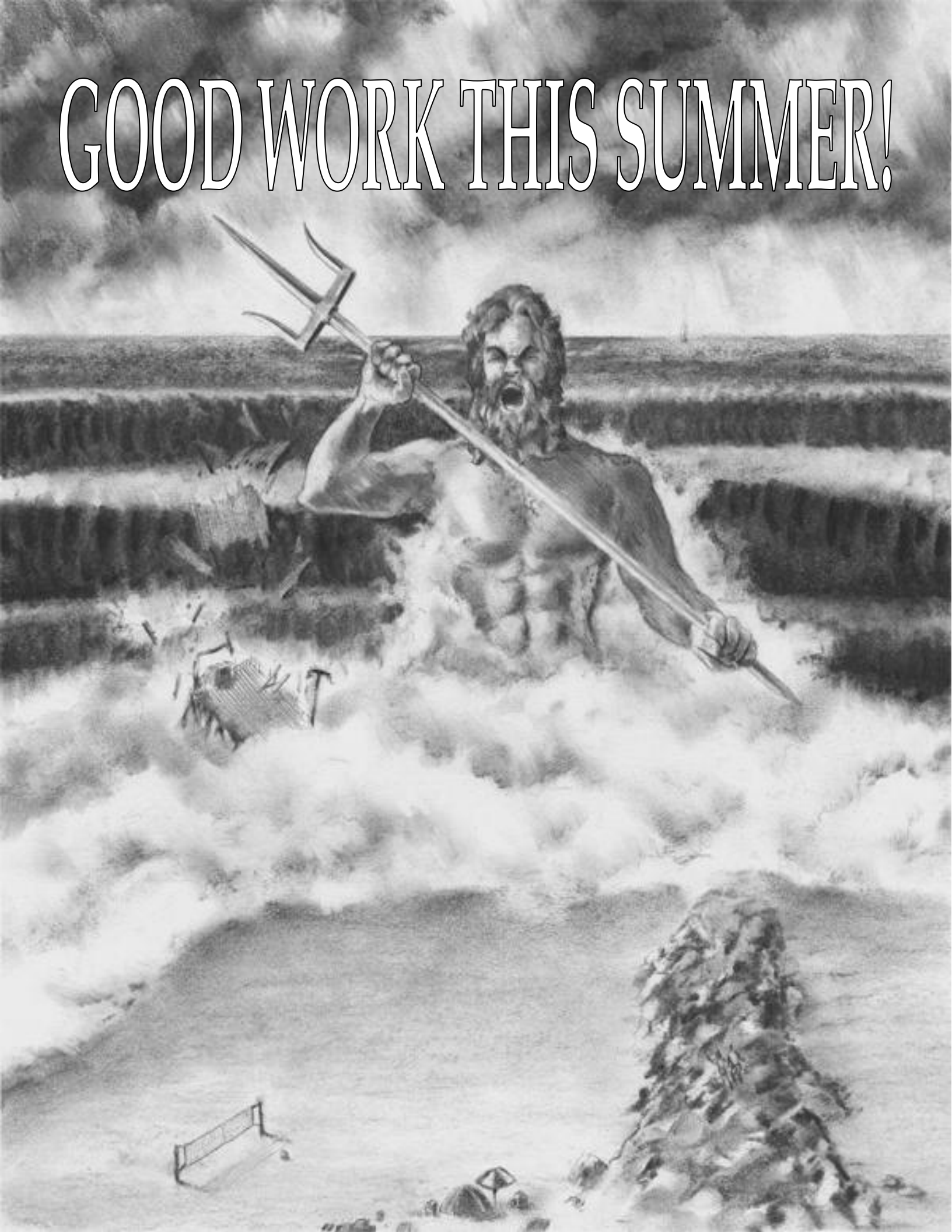
Part-time/Permanent Lifeguard II

Seasonal Lifeguard II

Seasonal Lifeguard I

JUNIORLIFEGUARD BOOKMARK DESIGN CONTEST

1) In the space provided, or on another page. Please measure out a 4’’x6’’ rectangle.
2) Design a bookmark with a Junior Lifeguard, beach, or water safety theme!
3) Place your name, contact information on the back of the bookmark.
4) Give your design to your JG Instructor. The top 5 designs will be submitted to the State.


GOOD WORK THIS SUMMER!

NOTES

AUTOGRAPHS

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www.IBJG.com

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